No-Spend Challenge

START _____ END _____

☐ Shade a day you stayed within your rules Write the amount on days you spent on a paused item

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Still allowed

Paused

Planned exceptions

Usual spending on paused items _____

Actual spending on paused items _____

Difference kept or saved _____

Daily Spending Log

MONTH _____

Record the day honestly, including necessary purchases. "Within rules" means you only bought things on your allowed list. Check this page against your bank transactions once a week.

DAY	DATE	WITHIN RULES	OPTIONAL SPENT	CATEGORY	NOTES / REASON
1		☐			
2		☐			
3		☐			
4		☐			
5		☐			
6		☐			
7		☐			
8		☐			
9		☐			
10		☐			
11		☐			
12		☐			
13		☐			
14		☐			
15		☐			
16		☐			
17		☐			
18		☐			
19		☐			
20		☐			
21		☐			
22		☐			
23		☐			
24		☐			
25		☐			
26		☐			
27		☐			
28		☐			
29		☐			
30		☐			
31		☐			